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Contortionist Bendy Em wrangles her way into a 16-inch square box in Churchill Square on Sunday. RYAN TUMILTY/METRO

Mega-bars a mega-problem, residents say

DOWNTOWN

Community given notice of two proposed establishments



**Ryan
Tumilty**
Metro | Edmonton

Downtown residents are not toasting the idea of two new mega-bars in their community because they're worried the proposed locations will lead to a lot more trouble late at night.

The Downtown Community League was recently given notice of two proposed bars — one on 104 Street just north of 102 Avenue in the new Fox Tower 2 that would be large enough to accommodate nearly 600 seats. The other bar could potentially hold 1,400 people in the former Mothers Market location.

Community League president Chris Buyze said both locations are just too big to blend into the community.

"It's just out of character and out of scale for the neighbourhood," he said. "The one on 104 Street is six times what a discretionary permit would allow and the one on 109th Street is seven times what the zoning allows."

Shauna Warwick, who sits on the 104 Street steering committee and lives just steps away from the proposed bar, said a mega-bar on 104 Street would be a major problem.

"It would just tear apart what we have created over the last 20 years," she said.

She said business and residents have worked with the city for years to create what 104 Street has become and this will disrupt all of that work.

"We feel like a 600-person mega bar is just not reasonably compatible with that vision and that plan."

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Infill homes changing market

REAL ESTATE

Trend helping to keep houses affordable says councillor



Ryan Tumilty
Metro | Edmonton

Despite the controversy they sometimes illicit from neighbours, infill homes remain popular with buyers, which is one of the reason prices haven't come down as the city opened up more areas of the city, says one builder.

Matthew Kaprowy, president of Accent Infills, said many more companies are building infill homes because even in a downturn they are a reliable investment.

"Really the only market that continues to be promising and strong is the infill market and so more and more people are getting their feet into it," he said.

Last year, when the city overhauled zoning rules to allow for lot splitting in more communities, council and developers both argued that opening up more lots would make infill homes more affordable by lowering land prices.

Kaprowy said that is only starting to happen, but in addition infill buyers tend to be established professionals who want some of the luxury features that add to the price.

"Obviously, the infill market is building for the demographic that wants it," he said.

Coun. Andrew Knack said he



Westmount — built in 2016.

believes the changes will still take some time to work through the market, but regardless he believes skinny homes and duplexes are still much cheaper than new homes on larger lots.

"The prices are still high, but they are not as high as what you would get on a standard 50-foot-lot," he said.

Knack said in terms of affordability the moves the city is making on garage suites will do the most for making homes more affordable.

"That is really going to be the help that drives the prices into something affordable."



Ritchie — built in 2016.



Glenora — built in 2016. ALL PHOTOS: RYAN TUMILTY/METRO



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Motorcycle fatalities are becoming more frequent

TRAFFIC

Third death means city may see worst year since 2008



Samantha Power
For Metro | Edmonton

Last week a motorcyclist lost control of his vehicle and lost his life on Bellamy Hill.

The rider's death is the third motorcycle death of the year in Edmonton, and means the city could be headed for another tough year for motorcycle fatalities on par with its last spike — eight years ago.

Since 2008, Edmonton has seen its motorcycle fatality and injury rates fall only for them to bounce back again in 2015, with 208 collisions, 121 injuries and six deaths.

Edmonton police statistics show single-vehicle collisions are the top reason for motorcycle accidents. The top contributing factors include speed or following too close which leaves little room for adjustment.

For Liane Langlois, president of the Alberta Motorcycle Safety Society, it's another example of the need for more education.

"We suggest rider training course that teach the basics, and to ride within your means," said Langlois.

Langlois started AMSS in February to address the gap in education and awareness of safe riding.

"You have no control over anything but your motorcycle," said Langlois who cautions riders to be aware of the unexpect-



Motorcycle safety advocates are urging riders to consider training courses and better gear. METRO FILE

ed. She suggests track driving as a controlled way to expand skills.

"It's a safe environment to learn advanced skills," said Langlois.

There is not requirement in Alberta to take the safety test to get a Class 6 motorcycle license.

Ricardo Dominguez, a rider

for six years, says that leads to riders not taken proper precautions.

"Too many people are in a rush to ride and look cool without taking the time to think about the options," said Dominguez. He said if riders did their training, they'd wear all their gear all the time.

“Too many people are in a rush to ride and look cool without taking the time to think about the (safety) options.” Ricardo Dominguez

The City of Edmonton launched Vision Zero in fall 2015 with the goal of zero traffic fatalities after 2015's particularly high numbers.

Const. Rohitas Chandra with the Edmonton Police Service says on an enforcement end, police try to educate motorcyclists when they see problems such as insufficient gear, riders who wear just a T-shirt or improper helmet use.

"We have longer conversations," said Rohitas. "Informally there's education that happens."

Langlois would like to see drivers have to take the motorcyclist training course to become more aware of the dangers.

Langlois is planning to continue and expand the AMSS education campaigns. She'd like to see the city and province do more for education and safety training, including moving the motorcycle safety awareness month from July to May.

"We need to keep ourselves safe because there are people relying on us to come home," said Langlois.

CRIME One dead after heist goes bad

A bid by two suspects to ambush an armoured truck in Edmonton ended in death for one of the bandits when he was shot by one of the vehicle's two guards.

Edmonton's medical examiner confirmed Friday that Randy James Munian, 40, of Edmonton, died from a gunshot wound to the torso.

The attempted robbery of two GardaWorld Corp. armoured truck guards at a TD Canada Trust bank in southeast Edmonton took place at 12:45 a.m. Friday.

Scott Pattison, a police spokesman, said the suspects — both males — unleashed pepper spray on the guards, but their tactic didn't work.

"One of the guards was able to discharge and kill one of the fleeing suspects," said Pattison.

The second suspect was still being sought.

The guards were treated for the effects of the spray, but neither suffered any other injuries.

Pattison noted that the area where the shooting occurred is normally quite busy during the daytime and is surrounded by a residential neighbourhood.

"It was extremely brazen. Bad guys get an objective in their minds and they're driven often by drugs or other variables," he said. "It's hard to determine when they want to conduct their business. Nothing good happens after 12 in the city, that's for sure."

Isabelle Panelli, director of marketing and corporate affairs for GardaWorld, said in a statement that the guards are safe and that the company is providing support to them and their families. THE CANADIAN PRESS



It was extremely brazen.

Scott Pattinson

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MY first JOB

From groundskeeper to mayor



Mayor Don Iveson METRO FILE



Beginning today and on Mondays for the rest of the summer, Metro will ask Edmontonians about their first job and what it taught them for their current careers. We start with Mayor Don Iveson.

What was your first job?
It was groundskeeping and painting out at the lake, Lake Wabamun.

What were you paid?

It was whatever minimum wage was in 1996; 1995, 1996 and 1997 were the summers I did that job.

Were you good at it?

I had very high attention to detail with the lawn mowing in particular, so I always received good feedback on the work. I enjoyed painting more.

What was an average day?

I was probably walking six to eight miles behind a 20-inch

mower, because I didn't have a riding mower. The fun days were painting and staining cabins and decks and docks and things like that.

What was the best and the worst part of the job?

The best thing about it was that I worked at the lake, which meant as soon as I was done I was at the lake.

The worst thing about it was the old two-stroke mower that just had that smell of exhaust. To this day, the smell

of cut grass and gas mower exhaust actually is really off-putting for me.

Did you learn anything there that you use today?

I think I can safely say that job has absolutely no connection to what I do today.

I think certainly the value of hard work, the satisfaction of hard work, I did take those things away from it.

So little of my work now is tangible, when you paint something or mow something

you can immediately see the results of your work and take pride in it and that's a little harder to do when you are changing policy and resources and trying to lead people and opinion.

Could you do it now?

If I had to I could. I think I would prefer the painting to the mowing. I am tall, so I can reach. It makes me a better painter than a mower. I would buy my own riding mower at this point.

INFRASTRUCTURE

Lanes closing across the city as LRT construction ramps up



Brace yourselves, cyclists and motorists, because construction season in Edmonton is about to shift a gear in intensity.

Workers will start closing lanes next week to prepare for the Valley Line LRT.

Lane closures will hit Jasper Avenue for utility work July 25 through the end of August, and 102 Avenue will be knocked down to a one-lane, one-way road this fall.

Streetscaping, medians and trees will be removed along 66 Street from Whitemud Drive to 28 Avenue, and similar work will commence in Cloverdale,

Bonnie Doon and Strathearn in the next four to six weeks.

The work sets the stage for next year's LRT construction.

"What we're trying to do is open up the area so we can keep as many lanes open as possible next year to less inhibit traffic. But we have to get that work done this year," said Dean Heuman, a spokesperson

for TransED partners who are building the line.

The city will start building piers at Davies Station in the coming weeks, and a temporary access road for workers will be built through Wagner Park.

Portions of Louise McKinney Riverfront Park and Henrietta Muir Edwards Park will remain fenced off while construction

work ramps up, with excavation work slated to start on the north slope of the North Saskatchewan river for the south end of the Valley Line tunnel.

Heuman said the Cloverdale footbridge over the river will close next week and come down later this fall, to be replaced by a new footbridge in 2019.

The Chinatown gate will also come down at some point during construction, but be preserved and go back up at a location determined after discussions between the city and the Chinese community.

Heuman said construction is on schedule. The LRT is expected to be up and running in 2020.

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Landfill deals with mountain of waste

FORT McMURRAY

Tonnes of ash, soil, concrete, metal coming from cleanup

When you're pounded with the big waves, you'd better learn to surf.

"The demolition material is going to come in pretty much in a tsunami-like effect," says Fred Thompson-Brown, manager of Fort McMurray's landfill. "We've been busy throughout and it's just getting busier."

The wildfire that ravaged the oilsands city is finally under control and many of its more than 80,000 evacuees are back in their homes. Services are restored and residents are working to bring life back to normal.

But normal is a long way off for the man at the centre of a mind-bogglingly large and occasionally toxic cleanup still very much under way.

Put this in your garbage



Fred Thompson-Brown stands at the entrance to the landfill he manages in Fort McMurray, surrounded by refrigerators destined for recycling. SEAN MCLENNAN/THE CANADIAN PRESS

truck and haul it: A typical urban home generates between 97 and 175 tonnes of waste after a fire. Fort McMurray lost 2,400 homes and buildings.

Give or take, that's 338,400 tonnes of ash, soil, concrete, metal and miscellaneous bits and bobs — some of it as caustic as oven cleaner or loaded with toxic lead or arsenic. That's fully a third more waste than the landfill accepted in all of 2015. It'll take up to 47,000

truckloads to haul it.

If that isn't daunting enough, consider that in June, the landfill took in 11,437 fridges and freezers. All had to be emptied of rotting food, drained of their gas and crushed.

Throughout the blaze, the landfill was closed for exactly four days, from May 6 to May 10. By the time residents began to filter back, a lot of rubble had already been cleared.

THE CANADIAN PRESS



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BLACK LIVES MATTER

Rally showcases city's support of movement



Kevin Maimann
Metro | Edmonton

When police kill a black person in the United States, the pain is felt far and wide by others who have faced discrimination based on their skin colour.

Reakash Walters co-organized a rally Friday afternoon in downtown Edmonton to commemorate the dead and also call for change at home.

"The reason is because these people are being killed on the streets just for the colour of their skin. And my colour of my skin happens to also match the colour of their skin," Walters said.

"I know what it feels like to be discriminated against in multiple ways — inappropriate comments, be passed over for a job — lots of different things because of the colour of my skin.

"So it really feels like it is happening to you and it could happen to anybody you know."

Walters has family in the United States, where Alton Sterling and Philando Castile were recently shot to death by police officers in horrific encounters that were filmed and posted online.

Her group, which stands in solidarity with Black Lives Matter and is using the acronym BLMYEG — the B standing for brown and black — also represents indigenous Edmontonians and other people of colour.

Walters is calling for more accountability and public oversight of police interactions



It feels like it could happen to anybody you know.

Reakash Walters

with people of colour in Edmonton, as well as an end to carding. Some members of the city's Somali community have said African Canadians are disproportionately

targeted by police.

Walters said she has personally experienced carding and been pulled over by police without reason.

"We have to ensure that all of us at all times are feeling supported and protected by the people who have dedicated their careers to protecting us," she said.



Former prime minister Stephen Harper speaks to a crowd of Tory supporters in Calgary Saturday. JEFF MCINTOSH/THE CANADIAN PRESS

Harper backs Kenney in PC leadership bid

POLITICS

Former PM on board with unite-the-right

Former prime minister Stephen Harper gave an impassioned speech Saturday night supporting his long time friend and political colleague Jason Kenney in his quest to unite-the-right in Alberta.

"He has demonstrated time and again that he is a principled, thoughtful and highly capable conservative," Harper said to

hundreds of supporters at the annual Stampede barbecue held in his southwest Calgary riding.

"And friends, I would ask all Alberta members of the Conservative Party of Canada to join me and to work to elect as the next leader of the PC Party of Alberta the Honourable Jason Kenney."

Kenney announced last week his plan to leave federal politics, seek the vacant Progressive Conservative leadership in Alberta, and facilitate a merger with the rival right-wing Wildrose Party.

Alberta's PCs were ousted from office last year by the NDP after more than four decades in power.

Harper was able to unite the right federally in 2003, merging the Canadian Alliance and Progressive Conservatives into the Conservative Party and subsequently toppling the governing Liberals.

"That conservative unity has remained elusive here in Alberta and with terrible consequences," he said. "Workers losing their jobs, businesses closing their doors, taxes skyrocketing, families without prospects."

Interim leader Rona Ambrose joined Harper in endorsing Kenney.

"I have been, for over a year

now, unabashedly supportive of the unite-the-right movement here in Alberta and I will continue to do that," said Ambrose.

Kenney's plan to unite Alberta's right involves having the PCs hold a leadership vote in March. If Kenney wins he would negotiate a "framework agreement" with the Wildrose on a new united party.

If grassroots members of both parties approve, a new party would be founded in the summer, followed by a leadership race that would wrap up in early 2018.

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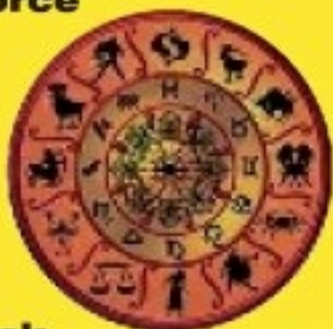
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Liberals may bring back prison farms

CORRECTIONS

Gaining life skills reduces recidivism, says former inmate

Pat Kincaid credits the dairy cows on a now-shuttered prison farm in Ontario with teaching him the skills he needed to break a life-long cycle of crime and incarceration.

The 65-year-old Kingston, Ont., resident, who has spent a total of 35 years behind bars for assaults, thefts and other property crimes, hopes other inmates get the chance to benefit from a program the federal Liberal government is now considering reopening.

"There's not a program in jail, even today, that can teach those skills that the cows have taught me by working with them," said Kincaid, who's been out of prison for seven years.

"The cows taught me patience and how to control my anger, and how to deal with being upset ... I know it helped other inmates too."

The 2010 closure of the



Pat Kincaid in Kingston, Ont., on Friday. LARS HAGBERG/THE CANADIAN PRESS

country's prison farms by the then-Conservative government — six in total operating at institutions in New Brunswick, Ontario, Manitoba, Saskatchewan and Alberta — was highly controversial.

Opponents argued the decision was made without properly considering the essential

skills the farms taught the participating inmates. There was also criticism that local community members had not been adequately consulted.

A town hall is also planned in Kingston at a yet-to-be-determined date, to allow local residents and other stakeholders to share their thoughts.

"If they could save another guy like me, they should keep that barn open," Kincaid said of the dairy farm where he once cleaned stalls, milked cows and helped birth calves. "It made my time go quick. I didn't even realize I was doing time when

I was in the barn."

Inmates who worked on the farms — which had operated in Canada since the 1880s — were employed in farm maintenance, feeding cattle, operating milking machinery, cleaning barns, raking and bailing hay, plowing and harvesting corn, operating grain mills and trucks, tilling the land and planting crops, Correctional Services Canada said in an email to The Canadian Press.

In the 2009-2010 fiscal year, 716 inmates were employed in the prison farm program, Corrections said.

THE CANADIAN PRESS

CALGARY

Runaway puppy saved from coyotes



Brodie Thomas
Metro | Calgary

Olive the dog had a very "ruff" day on Saturday, but it could've been a lot worse were it not for the actions of some brave bystanders who stopped a coyote attack.

It all began when the one-year-old black lab's owner, Brent McConnell, was getting ready to take her for a walk. She was beside him in his Edgemont garage when she bolted towards the road. Although he didn't see exactly what happened, McConnell believes that Olive ran into a moving vehicle, which he notes wasn't moving too fast.

Not injured, but definitely spooked, Olive ran off leaving McConnell, along with several members of his family, to mount a search party.

Meanwhile, several people driving near Nose Hill Park spotted Olive making her way up Shaganappi Trail.

Kendra Scurfield had been driving back from the airport when she saw Olive. She pulled over and for a time was able to capture the pup with help



Olive the dog
COURTESY BRENT MCCONNELL

from other motorists, until Olive wriggled loose from her collar and bolted again into the park.

Zac Wulf Gillrie had pulled over to see what the commotion was. As soon as he got out of his car, he could see a pack of at least five coyotes circling around Olive and nipping at her. He along with several other men ran into the park to scare them off.

Even once the coyotes were gone, Olive was still frightened and she wouldn't go towards any of her would-be helpers. They managed to chase her back towards Edgemont. Luckily, she recognized her own home and ran there. She was taken to a veterinarian where she was kept overnight for observation.

IN BRIEF

Cape Breton tourism feels effect of 'Trump Bump'

A Nova Scotia island being touted as a haven for Americans unhappy with the prospect of a Donald Trump presidency has seen more than a threefold increase in traffic to its tourism website

this year, translating into around 3,500 bookings.

Cape Breton hotels and B&Bs sold 30 per cent more overnight stays in rooms this April compared to the same month last year, according to Nova Scotia tourism. THE CANADIAN PRESS

The cows taught me patience and how to control my anger, and how to deal with being upset. I know it helped other inmates too.

Pat Kincaid

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Quebecois married by kin

MATRIMONY

Friends, family officiating weddings more than ever

While Quebecers aren't renowned for tying the knot, more of the couples who do choose to marry are saying "I do" in front of a family member or friend instead of a clergy member.

A recent report by the prov-

ince's statistics institute found that a quarter of opposite-sex couples chose a "designated person" to officiate their wedding ceremonies in 2015 — a number that's on the rise, according to the study's lead author.

"It's really an upward tendency that has never slowed," Anne Binette Charbonneau said. "It's come mainly at the expense of ministers and religious marriages, which have seen their share decline during the same period."

Quebec introduced a law in

2002 making it relatively simple for someone who is close to a couple to be authorized by the justice minister to perform a single marriage ceremony.

The applicant must be a Canadian citizen or Quebec resident, have no recent criminal record, speak English or French and agree to meet the requirements of the ceremony.

And as religious affiliation wanes, many couples are turning to family and friends to run the show.

When Hugues Viau married five years ago, he said it was a

no-brainer to ask his longtime boss, Jean-Roch Thiffault, to conduct the ceremony.

"He's become a close friend and mentor, so for me it was natural to ask him," said Viau, a development director at Norref, a Montreal-based seafood product distributor.

This fall it will be Viau's turn, as he has been asked to officiate at the wedding of another Norref worker, Audrey Gadbois, who said she wasn't interested in having a stranger oversee the ceremony.

THE CANADIAN PRESS

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Auschwitz survivor Nate Leipziger embraces Prime Minister Justin Trudeau after presenting him with a book as director of the Auschwitz-Birkenau State Museum Dr. Piotr Cywinski, back left, and Rabbi Adam Scheier look on. PHOTOS: ADRIAN WYLD/THE CANADIAN PRESS



Trudeau stands in front of the Wall of Death after laying a wreath during the tour.



Trudeau walks through the main gate with Foreign Affairs Minister Stéphane Dion, second from right.

POLAND

Trudeau in emotional visit to Auschwitz

Prime Minister Justin Trudeau arrived in Ukraine after an emotional visit Sunday to the scene of one of the worst chapters in human history, the Auschwitz-Birkenau concentration camp, where he warned against intolerance and offered a message of love.

The blue skies and sunshine were a sharp contrast to the history of the camp as the prime minister walked past barbed wire fences and surveyed the gas chambers where more than one million people, mostly Jews,

were killed in the Second World War.

Trudeau was stone-faced through most of the visit as he was escorted by one of the camp's survivors, 88-year-old Nate Leipziger. But the prime minister couldn't hold back the tears as he stood before the ruined gas chamber where Leipziger's mother and sister were murdered more than 70 years ago.

The prime minister didn't speak much during the nearly three hours he spent walking

through the camp. But he did leave a message in a guest book kept by the Auschwitz-Birkenau State Museum.

"Tolerance is never sufficient," he wrote. "Humanity must learn to love our differences."

"Today we bear witness to humanity's capacity for deliberate cruelty and evil. May we ever remember this painful truth about ourselves, and may it strengthen our commitment to never allow such darkness to prevail."

"We shall never forget."

In an interview afterward, Leipziger, who has served on different Holocaust remembrance committees in Canada, said he tried to convey to Trudeau "the tragedy of what men did to men, the hatred which drove on group of people to murder another."

After visiting Auschwitz-Birkenau, Trudeau flew to Ukraine where he was to express Canada's solidarity with the country and sign a free trade agreement.

THE CANADIAN PRESS

Dallas suspect taunted police during standoff

SHOOTINGS

Authorities say gunman had personal arsenal at home

The suspect in the deadly attack on Dallas police taunted authorities during two hours of negotiations, laughing at them, singing and at one point asking how many officers he had shot, the police chief said Sunday.

The chief and the county's most senior elected official also said Micah Johnson had larger attack plans and possessed enough explosive material to inflict far greater harm.

"We're convinced that this suspect had other plans and thought that what he was doing was righteous and believed that he was going to target law enforcement — make us pay for what he sees as law enforcement's efforts to punish people of colour," Brown told CNN's State of the Union.

Johnson, a black Army veteran, insisted on speaking with a black negotiator and wrote in blood on the wall of a parking garage where police cornered and later killed him, Brown said.

The gunman wrote the letters "RB" and other markings, but the meaning was unclear. Investigators are trying to decipher the writing by looking



Police officers join parishioners of First Baptist Church in Dallas, Texas, as they gather on Sunday to pray for victims of Thursday's attack. LAURA BUCKMAN/AFP/GETTY IMAGES

through evidence from Johnson's suburban Dallas home, Brown said.

The writing suggested that Johnson was wounded in a shootout with police. An autopsy will confirm exactly how many times he was hit, Dallas County Judge Clay Jenkins said.

Authorities do not "have any

independent report from an officer saying, 'I think I hit him,'" Jenkins said.

The police chief defended the decision to kill Johnson with a bomb delivered by remote-controlled robot, saying negotiations went nowhere and that officers could not approach him without putting

themselves in danger.

Brown said he became increasingly concerned that "at a split second, he would charge us and take out many more before we would kill him."

The shootings marked the deadliest day for U.S. law enforcement since the Sept. 11, 2001, terrorist attacks. In all,

+ THE SUSPECT

Micah Johnson was a private first class with a specialty in carpentry and masonry.

He served in the Army Reserve for six years starting in 2009 and did one tour in Afghanistan from November 2013 to July 2014, the military said.

12 officers were shot just a few blocks from where President John F. Kennedy was slain in 1963.

So far, the evidence points to the attack being a "crime of opportunity," Jenkins said.

Investigators believe Johnson had been practicing and training for a long time and probably learned of the protest from social media and concluded there would be many police present.

Authorities have said the 25-year-old gunman kept a journal of combat tactics and had amassed a personal arsenal at his home that included bomb-making materials.

The fact that Johnson had material for explosives and talked of using homemade bombs during the standoff with police indicated he could have inflicted more damage with more time, Jenkins said.

THE ASSOCIATED PRESS

ALTON STERLING

Protests continue in Baton Rouge

Officers with rifles were blocking the ramps to keep protesters off Interstate 10 in downtown Baton Rouge Sunday, and about 130 people have been taken into custody as marches continue over shootings by police.

Gov. John Bel Edwards said he's "very proud" of the Louisiana law enforcement response to protests over the fatal shooting of a black man, Alton Sterling, by white police officers in the city.

Flanked by law enforcement leaders, Edwards said he doesn't believe officers have been overly aggressive by using riot gear to push protesters off a highway.

"The police tactics in response have been very moderate. I'm very proud of that," said the Democratic governor, who comes from a family of sheriffs.

Tensions between black citizens and police have risen palpably over the past week or so amid police shootings of African-American men in Minnesota and Louisiana and the gunning down of five white police officers by a black suspect in Dallas in apparent retaliation.

THE ASSOCIATED PRESS



Protesters in Baton Rouge, La., Sunday. THE ASSOCIATED PRESS



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Tourists enjoy the Glacier SkyWalk near the Columbia Icefields in Jasper National Park. THE CANADIAN PRESS

TOURISM

Alberta hopes Rockies visitors will explore the whole province

Alberta's Rocky Mountains are once again bursting with visitors in what could be another banner year, but the government is hoping to get more tourists spending in other areas of the province as well.

"The Rockies are often the

hook to get those international travellers to come," says Shelley Grollmuss, vice-president of industry development at Travel Alberta.

"And then we work very hard with our industry partners to try and build road trips or other itineraries, where they can go into other areas of the province and explore."

It's all part of the province's plan to boost tourist spending from the \$8.3 billion in 2014 to \$10 billion by 2020, and to increase jobs in the industry as it works to further diversify an economy that has been



Our government will expand tourist sites to bring in more visitors

Name of person TK

heavily reliant on oil and gas.

Last week, Premier Rachel Notley announced \$33.5 million in funding for an expansion of the Fort Edmonton historic site as part of the Alberta jobs program.

"Our government will expand tourist sites to bring in more visitors from around the world, the rest of Canada, and Alberta," Notley said.

The new Philip J. Currie Dinosaur Museum in Grande Prairie, Alta., has already seen 100,000 visitors in its first 10 months of operation.

The older Royal Tyrrell dinosaur museum in Drumheller, Alta., has already topped 135,000 visitors since the start of April, while it set an attendance record last year with 479,000 visitors from more than 130 countries.

Grollmuss says tourist numbers are helped by a low dollar that makes travelling abroad for Canadians more expensive than a few years ago when the loonie was higher.

Similarly, the loonie's fall helps make Canada less expensive and more attractive to international visitors.

An increase in direct international flights is also helping, Grollmuss says.

Hainan Airlines recently launched a direct flight from Beijing to Calgary at the end of June, while WestJet started flying direct to London in May.

"We do have more tour operators and online travel agencies globally selling Alberta now than we've ever had before," Grollmuss says.

But attendance at national parks in Alberta is making other attractions pale in comparison.

THE CANADIAN PRESS

IN BRIEF

Canada Post drops lockout threat

Canada Post has backed off a threat to lock out 50,000 of its unionized workers on Monday.

Talks resumed Sunday and Canada Post issued a statement that says it has withdrawn its lockout notice.

Labour Minister MaryAnn Mihychuk issued a statement earlier in the day encouraging the two sides to continue their discussions beyond midnight. Canada Post says it hopes the union will not issue a strike notice, saying that would provide the certainty in the postal service that Canadians are looking for.

Talks have been deadlocked on the issues of employee pension plans and wage parity.

THE CANADIAN PRESS

G20 ministers calling for anti-trade rollback

Trade ministers from the G20 nations have called on their governments to roll back anti-trade measures that have become more pervasive than any time since 2009.

Following a two-day meeting in Shanghai, the ministers said in a joint statement on Sunday that they were "concerned" about rising protectionism around the world and "significantly slowed" trade growth figures.

They backed a set of nine core principles for global investment policymaking ahead of the September G20 summit in Hangzhou.

The ministers also said they recognized that excess steel capacity is a global issue that requires "collective response" and pointed to government support of producers.

THE CANADIAN PRESS

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FINANCES

American woman are retiring in poverty: Report

During their working years, women tend to earn less than men, and when they retire, they're more likely to live in poverty.

These are women who raised children and cared for sick and elderly family members, often taking what savings and income they do have and spending it on things besides their own retirement security.

The National Institute on Retirement Security, a non-

profit research centre, reports that women are 80 per cent more likely than men to be impoverished at age 65 and older. Women age 75 to 79 are three times more likely.

While experts cite a pay gap as a major cause for retirement insecurity, other factors play a role, from single parenthood and divorce to the fact that women typically live longer than men.

For Marsha Hall, 60, the pro-

76-79¢

Amount on the dollar women earn compared with men.

cess of trying to save for retirement has been nearly impossible.

"I've had jobs that included a

401(k) and I was able to put some money aside, every month," she says. "But then I would get laid off and have to cash out the 401(k) to have money to live on."

Born and raised in Detroit, Hall is divorced and doesn't have any children. She works part time as a file clerk. She and her siblings pitch in to care for their 75-year old mother. Hall says she tries not to think about what her situation will be like at that age.

"My bills are current, I have food," she says, "but I'm still living paycheck to paycheck, if it wasn't for Section 8 (a housing subsidy), I don't know where I'd be living."

Joan Entmacher, vice-president for family economic security at the National Women's Law Center, says "the solution to the retirement (funding) crisis starts with the earnings and wage gap."

THE ASSOCIATED PRESS



URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

My boss showed up at my office team's after-hours function and ordered one of my colleagues to change seats so that he could have it. Is there anything anyone could have done about this?

Hi Ellen,

Our office team had a casual get-together. The manager arrived late, walked up to a person sitting in the middle of the table and told him, "I'll have this seat; you can go sit over there." The person obediently moved to the less desirable seat. I was shocked. Was the manager abusing his authority? What is the office etiquette in this situation? If it happens to me, should I obediently give up my seat, or speak up and risk getting fired?

Signed,
Mary

Dear Desperate,

I'm outraged on your behalf, but not actually shocked.

There's an artist named Jenny Holzer, whose work in the 1980s included neon signs spelling out slogans, and one in particular always stayed with me: "Abuse of power comes as no surprise." I first saw that piece when I was working for a series of friendly bosses, who were talented, encouraged good work, and were huge fun in social situations. But their many small abuses of power ultimately drained all respect I had for them as individuals.

It's so weak for anyone in a position of authority to take advantage of their situation, to claim attention and small luxuries for themselves after office

At least with a blatantly evil boss there's no pretence of mutual affection or respect.



© Ani Castillo

hours when they're already enjoying a higher salary and the power to control people's lives during the workday. And for you, the employee who isn't quite sure whether you're kicking back and relaxing as equals, or whether you're still at the beck and call of that smarmy b—d, it can be confusing and exhausting.

At least with a blatantly evil boss — the kind who gets off on torturing employees with overwork, underappreciation, passive-aggressive mind games or outright lying about raises and promotions, etc. — there's no pretence of mutual affection or respect. With the BEB, you can at

least spend many a pleasant hour (ideally, on company time) fantasizing about the day you find a better job and can crush them with a devastating exit speech. Or, even better, maybe you'll find something on the photocopier that will make it morally justifiable to blackmail them in order that you may ascend to the Iron Throne, whereupon you wouldn't actually physically torture them (torture is never justified), but they wouldn't know that, and they would really regret how crappy they were to everyone and suddenly realize how awful it is to be under someone else's thumb.

As for the etiquette in the situation you describe, your co-worker, by quietly moving to another seat, displayed far better manners than your flagrantly discourteous boss. And though no one's likely to get fired for refusing to give up a seat in a bar, we all know the trickle-down effect of not sucking up 24/7 to a power-tripping authority figure.

So if it happens to you, button your lip, do what you're told, and don't make the mistake of thinking your power-abusing boss is a friend.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

Courts are proving that homelessness isn't just a fact of life

Some things seem intractable, until they are not.

In May, 2015, Medicine Hat, Alta., was basking in glowing headlines as the first city in Canada to claim it had eliminated homelessness, having created housing for people who had none and doggedly encouraged them to move in. It was a victory — and proof that one is possible — but it was not to be repeated by authorities elsewhere with any speed. Homelessness is still treated by most Canadian cities as unsolvable.

And that has forced courts to become our sometimes unwitting moral compass.

Last week, a B.C. Supreme Court judge ordered the disbandment of a swelling, controversial tent city outside a provincial courthouse in Victoria, and simultaneously handed its homeless dwellers and their advocates a legal victory. Chief Justice Christopher Hinkson ruled not only that the camp had become too unsafe — noting garbage, discarded needles and condoms, aggressive dogs, a changing population, and at least two rats nests — but also that the province couldn't just force people to pull down their tents; it has to find everyone a place to live by Aug. 8.

It's not the first time this judge has shamed politicians into more ethical treatment of their homeless constituents. Eight years ago, in another B.C. Supreme Court case, Hinkson ruled that homeless people's charter-enshrined

right to security of the person means they should be allowed to camp in city parks. In response, the City of Victoria enacted a bylaw against propping up tents in the daytime. But the measure doesn't extend to provincial land, such as the courthouse premises; hence the so-called "Super InTent City," which quickly flourished after appearing last year.

Victoria has a long, troubled history of homelessness, one many say has been inflamed by the tent-city legal battle. "It has drained Victoria of its compassion" was the diagnosis from beloved Times-Colonist columnist Jack Knox.

But advocates are also calling it a "historic victory." It certainly marks another crucial legal ruling. And once again it puts the courts on the moral high ground above ineffectual politicians: As the judge allowed the tent city to endure, the province was forced to act. In the last year, it "secured more than 300 units of transitional and permanent housing for people who are homeless," the Times-Colonist reported, and \$26 million in further funding. It's not a magic pill, but at least it's something. At least we have this very low bar, now, set by the courts: We all deserve a home.

The trouble now will be finding leaders outside Medicine Hat willing to believe it.

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I feel that being a mum means you have a very real stake in the future of our country, a tangible stake. She possibly has nieces, nephews, lots of people, but I have children.
Britain's Conservative leadership candidate Andrea Leadsom, right, claiming she has an advantage over rival Theresa May, left.

Fertility apps rarely bear out

REPRODUCTIVE HEALTH

New study looks at 95 tools that claim to predict ovulation

There are dozens of smart-phone and web apps women use to avoid pregnancy — but do they actually work?

Most don't, according to a new study from Georgetown University researchers. The peer-reviewed research, published in the latest issue of the *Journal of the American Board of Family Medicine*, looked at nearly 100 fertility awareness apps and found a majority aren't designed for avoiding pregnancy, nor based on evidence-based fertility awareness-based methods women often use to track their cycles — some to avoid conception, and others to aid in conceiving.

"I don't think the apps are necessarily helping women as much as they purport they are," says the study's lead author, Dr. Marguerite Duane, an adjunct associate professor at the Georgetown University School of Medicine and executive director of Fertility Appreciation Collaborative to Teach the Science.

“It's always much better to chart for yourself, rather than using a one-size-fits-all app. Dr. Yolanda Kirkham

And that's concerning, Duane says, given how popular these apps are becoming. The top apps have been downloaded more than one million times each, her study notes.

The research looked at 95 apps in total, but eliminated 55 off the top because they either



When Jenn Tesluk and her husband decided to have kids, she tried two apps that showed her ovulation days, but each one gave a different answer. When either app told her she was ovulating, ovulation test strips didn't back it up. MARCUS OLENIUK/TORSTAR

had a disclaimer prohibiting use for avoiding pregnancy or didn't claim to use evidence-based fertility awareness-based methods, which help predict

to avoid pregnancy. "But if you want to track one of your periods coming, that's completely different," she adds.

When it came to the 40 apps Duane's team did review, 30 predicted fertile days for users and 10 didn't. The researchers entered in seven different "cycles" to test each app, with data that varied in cycle length and fertility observations — reflecting the diversity of real women.

"Basically, the whole idea was if an app predicted that a day was infertile but the evidence-based guidelines said she was fertile, then the app would rate lower," Duane says.

While many women swear

by apps, citing success stories like longtime pregnancy prevention or conception on the first go, others find them useless. Some women also end up using apps for both purposes — at first preventing pregnancy, then later in an attempt to conceive.

Pickering resident Jenn Tesluk also used an app to track her cycles while using different forms of birth control — from condoms to the NuvaRing — and eventually just to check when she'd be getting her period after she stopped using various birth control methods. But she didn't feel like the apps were totally reliable beyond period track-

ing. When it came to avoiding pregnancy, "we were just lucky," she says.

Later, when Tesluk and her husband Matt decided to have kids, she tried two different apps that showed her ovulation days, but each one gave a different answer. On top of that, when either app told her she was ovulating, ovulation test strips didn't back it up.

While Tesluk eventually did get pregnant — and gave birth to the couple's son Emmett back in February — she says the apps weren't helpful in the process.

"It was really frustrating," she says. "The two apps weren't matching up, and the

+ CHECK IT OUT

Which widgets are accurate

Out of the 30 apps predicting a woman's fertile days, Dr. Marguerite Duane only recommends the top-rated apps in the study: **Ovulation Mentor**, **Sympto.org**, **iCycleBeads**, **LilyPro**, **Lady Cycle**, and **mfnFP.net** — which all had either a perfect score on accuracy or no days of fertility labelled as infertile.

testing wasn't matching up, and I figured maybe it's just not an exact science."

Her cycles, she adds, are a bit longer than the average woman — around 35 days, instead of the typical 28.

If apps are using that "typical" menstrual cycle, that might explain why many women wouldn't find them accurate, notes Dr. Yolanda Kirkham, an obstetrician-gynecologist at Women's College Hospital and St. Joseph's Heath Centre.

"Not everyone has a 28-day cycle ... and that can change the ovulation date, which changes when the egg is released," she explains.

While Kirkham always encourages her patients to learn more about their cycles, she says the apps merely act as a tracking tool — and should be coupled with speaking to your doctor and learning how to gauge your own body, be it changes in cervical mucus or taking your basal body temperature, both indicators of fertility.

"We can't rely just on computers. They don't know you personally. It's always much better to chart for yourself, rather than using a one-size-fits-all app," Kirkham says.

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WHY I LIKE MY JOB

Stephen Sinanan, 41, Group Fitness Instructor at GoodLife Fitness in Toronto

I help people reach their fitness goals and potential. I've always been passionate about physical fitness, but it wasn't until my mid-30s when I realized I could convert this passion into a fulfilling career.

I made the decision to gradually part ways from a position in the publishing industry and started an accelerated training program in group exercise fundamentals. Several years later I still find my job the most rewarding thing I have done in my professional life. Seeing the excitement in participants' faces and knowing when they hit their fitness milestones is pure joy.

I landed my first gig as a Body Combat instructor with GoodLife Fitness. Since then I've progressed to teach a variety of fun programs that include dance, yoga, HIIT (high-intensity interval training) and aqua.

The job is more than just inspiring people to achieve five more push-ups; it's also about giving people the skills to deal with stress in a positive way. Nothing beats an endorphin rush to wash away the day's worries. Finally, connecting with people — both in and out of the studio — is what fuels my passion. I'm happy to know that I help people become the best version of themselves.



Stephen Sinanan can be found on Instagram @divasteve

THE BASICS: Personal trainer/ Fitness instructor

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Median salary for an intermediate-level personal trainer/fitness instructor. Those who master their skills in sports nutrition and training program development can earn up to **\$86,000 annually.**

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Projected rate of job growth over the next 8 years.

Data for this feature was provided by payscale.com, service-canada.gc.ca, canadianfitness.net, goodlifefitness.com and onetonline.org.

HOW TO START

Although there is no formal educational requirement to jump into a career as a personal trainer or fitness instructor, most professionals find success in this field with a post-secondary credential in a health- or fitness-related discipline. The Can-Fit-Pro certification is a popular starting point, as students will learn the fundamentals of running personalized programs aimed at improving strength, flexibility and cardio fitness.

WHERE YOU CAN GO

Most professionals find work in recreation centres, gyms, resorts and hotels, or in private homes. A recent epidemic of sedentary living has resulted in an influx in heart disease, obesity, depression and other life-altering illnesses, and physical fitness is often prescribed as the most beneficial treatment. As such, more people are signing up for fitness classes and training plans to help lead healthier lives.

NEXT CAREER STEP

Those seeking career advancement may choose to pursue a degree in physical education, kinesiology or exercise science to obtain a position as head trainer, gym owner or fitness director. There are also a variety of senior-level roles centred on physical rehabilitation, weight management, nutrition, and program development.

How to grow your own personal economy

PERSONAL FINANCE

The right plan is always more relevant than market changes

Gail Vaz-Oxlade
For Metro Canada



Have you ever noticed that the financial news is always full of some drama or another: The stock market is skyrocketing. The stock market is diving. The credit world is in meltdown. Savings are in the tank. Inflation is zooming up. The economy is suffering from stagflation.

People are swayed by the news.

MONEY'S WORTH

Want to make your personal economy strong?

- Don't spend more money than you make.
- Save something.
- Get your debt paid off.
- Mitigate your risks with an emergency fund and enough of the right kind of insurance.

It creates stress and tension. Even the investment world is always responding to the news, although those folks should know better. In the book, *Why Smart People Make Big Money Mistakes*, Gary Belsky and Thomas Gilovich cite a Harvard study of investment habits: "Investors who received

no news performed better than those who received a constant stream of information, good or bad. In fact, among investors who were trading (a volatile stock), those who remained in the dark earned more than twice as much money as those whose trades were influenced by the media."

Their point is that investment decisions should not be made based on the market's most recent gyrations, but on your financial goals and the investment strategy that will achieve them. Really, we needed a study for this piece of common sense? And yet it is common sense that is ignored on the daily.

The global economy will always be changing. That's life. But does that something new always have an impact on you and your life?

Let's face it, if the whole world is on a high and you've just lost your job, can't make your payments on time, or have just had to leave work because of an illness, all that good news means squat to you. But if your personal economy is strong, you'll have a plan, the resources and the flexibility to make it through the rough patches.

Focusing on your personal economy means putting the pieces into place that will protect you and give you some financial room to maneuver. Having clear financial goals helps.

The impact of the global economy is real and can have an impact on your personal economy. Just ask all the folks who have lost jobs, taken pay cuts or had their hours at work cut back. But if you allow the negative in-



Don't let market fluctuations affect your financial plans. ISTOCK

formation that flows around you to drive your behavior, you will not be happy. It's good to know what's going on. But it's better not to have to care because you've built a personal economy that

can weather the storm.

For more money advice, visit Gail's website at gailvazoxlade.com

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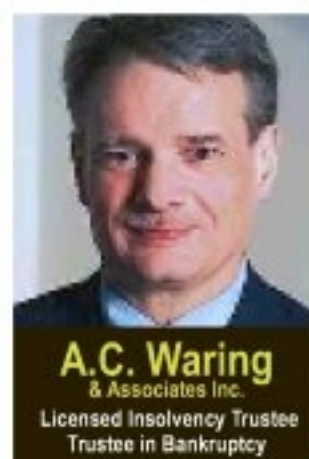
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ADDICTION

Chaka Khan enters drug rehab program

Chaka Khan and her sister have entered a drug rehabilitation program to battle their addictions to prescription drugs, and Khan says the death of her good friend Prince helped hasten her decision to get help.

In a statement released to The Associated Press Sunday, the 63-year-old Grammy-winning singer said she has been battling an addiction to the same medication that led to Prince's death. Prince was found dead at his Minnesota home April 21. An autopsy found he died of an overdose of fentanyl, a powerful opioid painkiller.

"Unfortunately, I will miss concert appearances over the summer," she said. "However, it's vital that I put my health and well-being first. I know that I am disappointing some of my fans, but I also know they would want me to recover and be well and healthy."

Khan has entered an intensive rehabilitation and aftercare program with sister, Yvonne Stevens, also known as Taka Boom.



Chaka Khan performing.
MARK VON HOLDEN/INVISION/AP, FILE

Khan said the pair "agreed we would take this journey together and support each other through the recovery."

"The tragic death of Prince has had us both rethinking and reevaluating our lives and priorities... My sister and I would like to thank everyone for their support, love and prayers."

Khan covered Prince's song "I Feel For You," which became one of her biggest hits. The two were longtime friends.

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Cliché, with a heart of gold

THE SHOW: *You Me Her* S1, E2 (HBO Canada)
THE MOMENT: The guilty hooker

Izzy (Priscilla Faia) awakes, hung over. She's a grad student moonlighting as an escort, and she recently made out, separately, with Jack (Greg Poehler) and Emma (Rachel Blanchard), a cute married couple. Because Izzy is a nice escort, she feels guilty about it.

"You're disgusting," she rebukes herself. "You make me sick." She sprints to the toilet and pukes.

Afterward, she gives herself a pep talk in the mirror. "Today is the first day of your life," she says. "You are stripped bare, born anew." Minutes later, she's wearing rubber gloves and scrubbing her apartment.

I've seen two episodes of this series, and I'm open to it. For sure, the premise is a stretch — Jack, bored, made a date with Izzy, but he couldn't go through with it, and fessed up to Emma. Emma, curious, made her own date with Iz. Now they all like each other. But so far the writing



Izzy (Priscilla Faia) plays a "nice" escort/grad student. CONTRIBUTED

is fresh and the performances charming enough that the show is clicking.

What I need to know, though, is the location of this mythical grad school that's chockablock with strippers and hookers.

It's an absurdly common trope for TV shows and movies that

want to have it both ways: "Sex sells! Let's make her a sex worker! But not a nasty sex worker — a smart, shiny sex worker!"

What degree does this grad school offer anyway, a PhD-BDSM?

So Izzy has to puke, plus chastise herself, plus strap on the rub-

ber gloves of atonement.

Only then can she get down to work.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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AUGMENTED REALITY

Watch your step with Pokemon Go

Beware: Pokemon Go, a new smartphone game based on cute Nintendo characters like Squirtle and Pikachu, can be harmful to your health.

The "augmented reality" game, which layers gameplay onto the physical world, became the top grossing app in the iPhone app store just days after its Wednesday release in the U.S., Australia and New Zealand. And players have already reported wiping out in a variety of ways as they wander the real world — eyes glued to their smartphone screens — in search of digital monsters.

The game was created by Niantic Inc., a San Francisco spinoff of Google parent Alphabet Inc. that previously became known for a similar augmented-reality game called "Ingress."

To play, you fire up the game and then start trekking to prominent local landmarks — represented in the game as "Pokestops" — where you can gather supplies such as Pokeballs. Those are what you fling at online "pocket monsters," or Pokemon, to capture them for training. At other locations called "gyms" — which may or may not be actual gyms in the real world — Pokemon battle one another for supremacy.

Naturally, the game has also induced people to post pictures of themselves on social

media chasing creatures in all sorts of dangerous situations.

Zubat and Paras have appeared on car dashboards. Caterpies have been spotted at intersections. Ankle injuries, mishaps with revolving doors and walking into trees have been among the painful results.

Lindsay Plunkett, a 23-year-old waitress in Asheville,

North Carolina, made a point on Friday of parking six blocks away from the restaurant where she works, instead of the usual three. "Just so I could get some more Pokestops on the way," she says.

She's still nursing a bruised shin from the previous night, when she and her boyfriend spent hours wandering downtown

in the rain.

She tripped over a cinder block that had been used as a doorstep at a local women's museum.

THE ASSOCIATED PRESS



Lindsay Plunkett, 23, tripped over a cinder block doorstep while playing Pokemon Go. JUSTIN HARRISON VIA AP

"Looking forward to wearing some red white and blue in Rio": Rickie Fowler took to Twitter to say he'll represent the U.S. at the Olympics

Portugal spoils the party

EURO 2016
FINAL

Eder is the hero as hosts fail to capitalize on Ronaldo injury

Portugal overcame the loss of injured captain Cristiano Ronaldo to beat France 1-0 in the European Championship final on Sunday, with a goal in extra time from substitute Eder securing their country's first football title.

Just as the final looked destined for a penalty shootout, Eder cut through the French defence and struck a low shot from 25 metres (yards) past goal-keeper Hugo Lloris in the 109th minute at the Stade de France.

Twelve years after losing to Greece on home soil in their last appearance in the final, it was Portugal's turn to spoil the host nation's party. And they achieved it after winning only one of their seven games at Euro 2016 inside 90 minutes, and after losing the inspirational Ronaldo midway through the first half.

"It was tough because we lost our main man and we had all our hopes

SUNDAY In Saint-Denis



pinned on him because he's a player who can score a goal at any minute," Portugal defender Pepe said. "When he said he couldn't go on, I tried to tell my teammates that we have to win it for him. That we were going to fight for him." And they did.

Red and green confetti descended from the roof onto Ronaldo and his victorious teammates as supporters of the hosts flooded out of the stadium, denied a third victory on French soil to add to Euro '84 and the 1998 World Cup.

"Football can be very cruel," said Lloris, France's captain. "The overriding emotion is a lot of sadness."

It was a mostly dull and stodgy final but the record books will only show that Portugal went from third-



Portugal's forward Cristiano Ronaldo, centre, lifts the trophy as he celebrates with teammates winning the Euro 2016 final. FRANCISCO LEONG/AFP/GETTY IMAGES

place in its group to champion, and with little help from Ronaldo in its last match.

European football's biggest game lost its biggest name after 25 minutes of a cagey final on the outskirts of the French capital. "Today I had bad luck because I had a small injury in the beginning of the teams, but my colleagues did their part — they run, they fight ... nobody believed in Portugal but we won," Ronaldo said.

Even France forward Antoine Griezmann, the tournament's leading scorer, couldn't rise to the big occasion. There was no seventh goal of Euro 2016 from the Atletico Madrid forward, who also lost out in the Champions League final six weeks ago to Ronaldo's Real Madrid.

Griezmann was the first player to find the target, but his header was tipped over by Rui Patrício, who was formidable in the Portugal goal. When an

inviting cross from Kingsley Coman was delivered in the 66th, Griezmann missed with a free header.

Only once was Patrício beaten, when Andre-Pierre Gignac's shot hit the inside of the post but it came back out. Luck was on Portugal's side, and Eder was able to strike the decisive blow.

"It's something unbelievable in my career, something I deserve," Ronaldo said.

THE ASSOCIATED PRESS

ATHLETICS

Historic 200m by sprinter Rodney

In the moments before his 200-metre final, Brendon Rodney broke down and cried.

Looking back on a frightening few weeks that saw him almost lose his mom, and ahead to hopefully his first Olympic Games, he was a mixed bag of emotions. Then he laid down the race of his life.

The 24-year-old from Hamilton won the 200 metres at the Olympic track and field trials, running a blistering 19.96 to become just the second Canadian in history to dip under the 20-second barrier. "I was just filled with emotions," said Rodney, dressed in a solid white singlet and shorts. "I'm proud, and my mom's going to be proud."

Rodney's time had jaws dropping, not only because it came after a 90-minute rain delay on a chilly afternoon, but also because of whom he beat. Aaron Brown of Toronto finished second, while Canadian record-holder Andre De Grasse was third. They both finished in 20.32, requiring a photo finish to determine the outcome. And suddenly, Canada has another sprint star.

THE CANADIAN PRESS



Brendon Rodney

GETTY IMAGES FILE



Antoine Griezmann
GETTY IMAGES

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Murray mows down Milos

WIMBLEDON

Raonic misses out on winning Canada's first singles Slam

Milos Raonic battled all match trying to get to a level that was "good enough" to make him Canada's first Grand Slam singles champion. In the end, he couldn't quite get there.

The Thornhill, Ont., product lost in straight sets to Andy Murray in the Wimbledon final Sunday in the first major singles championship match to feature a Canadian man.

"That's pretty much the thing you're fighting the most, is to try to find a level that's good enough," Raonic said. "I was keeping up with him but when it counted I wasn't able to get on top."

Murray, the local favourite, topped the 25-year-old Raonic 6-4, 7-6 (3), 7-6 (2) to capture his second Wimbledon title and third major championship.

Raonic, who came into the match on a high after beating Swiss superstar Roger Federer in a five-set semifinal thriller on Friday, had a solid run at this year's tournament.

Down two sets to love in the fourth round against Belgium's David Goffin, Raonic found a way to pull through and advance to the quarter-finals, where he beat Sam Querrey in four sets.

"It was phenomenal," Raonic said of his performance. "I



Canada's Milos Raonic holds the runner-up plate behind champion Andy Murray. ANDY COULDRIDGE/THE ASSOCIATED PRESS

stepped up in a semifinal that twice I struggled in the past, I came back from two sets to love down which is a first time for me, I showed guts, I showed vigour and I have to carry that through to the next events."

Earlier Sunday, Canadian teen Denis Shapovalov

won the Wimbledon's boys' title, defeating Australia's Alex De Minaur in three sets.

The 17-year-old Shapovalov, from Richmond Hill, Ont., bounced back from a 6-4 loss in the first set to take the next two, 6-1, 6-3 respectively. And later, Shapovalov and Canadian partner Felix Auger-Aliassime lost in the doubles final to Kenneth Risma of Estonia and Stefanos Tsitsipas of Greece 4-6, 6-4, 6-2.

THE CANADIAN PRESS
WITH FILES FROM THE ASSOCIATED PRESS



GETTY IMAGES

Serena's superb Saturday
Serena Williams is leaving Wimbledon with two trophies after winning both the women's singles title and the women's doubles championship on Saturday. Williams collected her 22nd Grand Slam singles

title with a 7-5, 6-3 victory over Angelique Kerber, then teamed with sister Venus to beat Timea Babos and Yaroslava Shvedova 6-3, 6-4.
THE ASSOCIATED PRESS

IN BRIEF

Hoffman-Ellis out of Eskis lineup for 12-16 weeks

Edmonton Eskimos linebacker Alex Hoffman-Ellis will be out 12 to 16 weeks with a torn right biceps.

Edmonton also signed wide receiver Andrew Johnson to the practice roster and released international quarterback Thomas DeMarco on Sunday. THE CANADIAN PRESS

Canadian men's basketball team falls short of Rio

Canada's men's basketball team saw its dreams of playing in Rio dashed after losing 83-74 to France in Sunday's heartbreaking final of FIBA's last-chance Olympic qualifying tournament in Manila, Philippines. The Canadians haven't made an Olympic appearance since 2000 in Sydney. THE CANADIAN PRESS

Lang wins women's U.S. Open after 3-hole playoff

Brittany Lang won her first career major at the U.S. Women's Open when Anna Nordqvist touched the sand with her club in a bunker for a two-stroke penalty in the three-hole aggregate playoff on Sunday. Lang sealed the win with a par on the final playoff hole, while Nordqvist made bogey to lose by three shots. THE ASSOCIATED PRESS

RECIPE Corn and Black Bean Couscous



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

We love mixing the season's fresh ingredients into easy-to-cook grains like couscous. We also like eating these dishes outside with a ice cold beverage.

Ready in
Prep time: 10 minutes
Cook time: 20 minutes
Makes 4 servings

- Ingredients**
- 1 package couscous, cooked according to package directions
 - 4 ears of corn, boiled
 - 1 red bell pepper, cored, seeded and diced
 - 1 can organic black beans, rinsed and drained
 - ½ cup finely chopped red onion
 - 1 cup crumbled feta cheese
 - 1/3 cup cilantro, finely chopped

- Dressing**
- 1 tablespoons extra virgin olive oil
 - 2 tablespoons rice wine vinegar
 - 1 tablespoon lemon juice
 - 1 tablespoon honey
 - 1/4 teaspoon salt

Directions

1. Cut corn kernels from boiled cob. Pour cooked couscous into a large mixing bowl and stir in corn, black beans, red bell pepper and feta.

2. Meanwhile, in a small bowl, whisk the olive oil, rice wine vinegar, lime juice and honey. Sprinkle in the salt and stir.

3. Pour dressing over salad and mix to coat couscous. Stir in cilantro. Serve immediately or chill for one hour and serve cold.

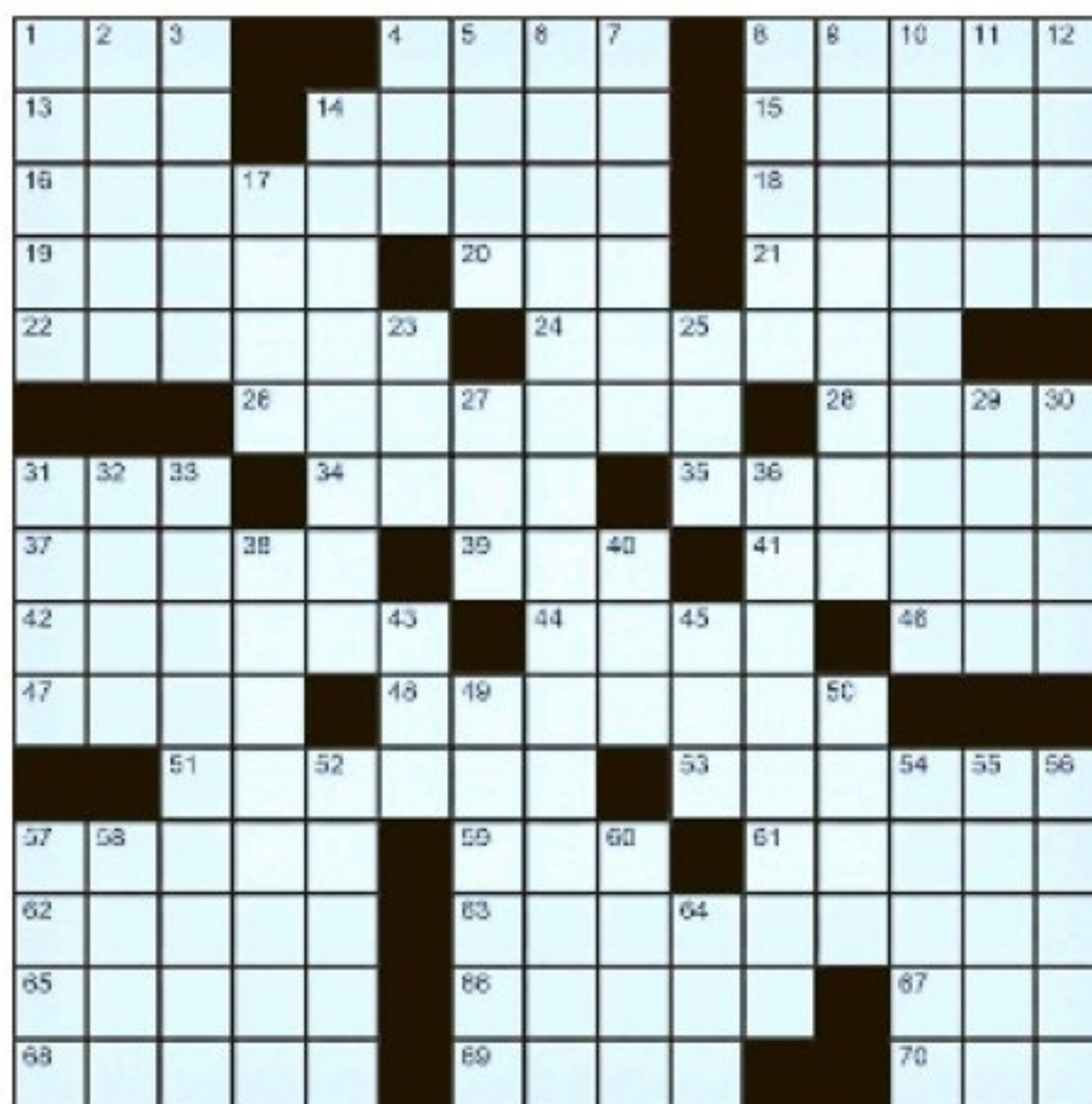
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BY KELLY ANN BUCHANAN

ACROSS

- Bug
- Bought - but then taken back to the store [abbr.]
- Scatter
- Suffix with 'Chlor'
- Actress Anne
- Dried plum
- Star/composer/creator of the hit musical at #14-Down, _ _ Miranda
- Ceiling of sorts
- Levi's material
- Exec. level
- Citric and Glycolic
- Kangaroo logo shampoo
- "Strut" by Sheena _
- Detox
- Pro _ (in proportion)
- "... mouse?"
- _ messaging
- Eugenie Bouchard's sport
- Large in scale
- Street for Freddy
- Climbing leguminous plant
- Emergency signals
- "_ _ bug!"
- "_ Pilot" by Eric Burdon & The Animals
- Nautical mile
- Pancakes cooker
- Julius Caesar conspirator
- Ete: English
- Anew
- _ -mo replay
- "I Was _ War Bride" (1949)
- Filled



- Sewing kit item: 2 wds.
- Full of life
- Hole _ _
- Geog. co-ordinate
- Indiana basketball
- Edge tool

- Conductor, _ Pekka Salonen

DOWN

- Ms. Swinton
- "Bon voyage!"
- Actor Mr. Badgley's
- Stimp's cartoon co-star

- _ Secum, Nova Scotia
- PEI nickname: 3 wds.
- Ms. Burke's of "Designing Women"
- Tomato-hitting-the-ground sound
- Three-pointed-brim hat, variantly

- Goats and giraffes
- This '90s Canuck hit's bit: "...I was three inches shorter than..."
- Drenches
- Tony-winning musical ...sharing the name of a southern Ontario city

- Filing abbr.
- Shoe width
- Television _
- Electric guitar, in slang
- _ tock
- Hair hues, sometimes
- Siberian city
- Madonna song
- Skilled at gymnastics
- Assess
- Fetch, like a 'Golden' dog
- Club _ (Tropical trips company)
- _ Pepper (Beatles character)
- "Constant Craving" singer ms. lang, et al.
- Moscow's locale
- TV award
- Anesthetized
- Canadian syrup
- Saint _ Mountains (Range where Mount Vancouver is)
- Hertz _ Car
- Rush, office-style
- Fancy bash
- The Wizard _
- Compass point

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This will be a challenging Monday, because your home routine will be interrupted in some way. Small appliances might break down, or minor breakages could occur. It could be anything.

Taurus April 21 - May 21
This is an accident-prone day, which means you have to pay attention to everything you say and do. Guard against knee-jerk reactions. Don't be hasty.

Gemini May 22 - June 21
Keep an eye on your money and cash flow, because you might find money; however, you also might lose money! In all cash transactions, check your bill and count your change.

Cancer June 22 - July 23
Your mind is stimulated today, which is why you are intrigued by everything going on around you. But this also might be a nerve-racking day full of little surprises and upsets.

Leo July 24 - Aug. 23
Today your energy is nervous and scattered. Don't worry, because this is a brief influence. Nevertheless, avoid work that requires concentration and attention to detail.

Virgo Aug. 24 - Sept. 23
You might meet somebody new and unusual today. Or possibly, someone you know will do something that surprises you. It's an unpredictable day.

Libra Sept. 24 - Oct. 23
Relations with authority figures could go either way today. They might offer you something new and exciting, or they might say something that upsets you.

Scorpio Oct. 24 - Nov. 22
Travel plans will be canceled, delayed or rescheduled today. Likewise, schedules for higher education (technical schools, colleges and universities) will be changed as well.

Sagittarius Nov. 23 - Dec. 21
Unexpected news that impacts shared property, taxes, debt or inheritances might catch you off guard today. Make sure you get your information right.

Capricorn Dec. 22 - Jan. 20
A conversation with a partner or close friend will have a few surprises for you today. Or perhaps someone will say something that inspires you. It could be anything.

Aquarius Jan. 21 - Feb. 19
Computer crashes, power outages, cancelled meetings and staff shortages are just a few reasons why your work day will be different. But you also might have an exciting change!

Pisces Feb. 20 - March 20
This is an accident-prone day for your kids, so be vigilant. Meanwhile, social engagements and sports events could be canceled or changed. Hmmm.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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